

BUILD

Pastor Shawn Parish

BIBLE VERSES

Ephesians 4:29-32

DISCUSSION QUESTIONS

1. Who has been a “builder” with their words in your life? How did they influence you?
2. Read Ephesians 4:29. When has someone said something to you that was helpful, even if it didn’t feel good to hear it? Was there something about the way they said it that made it easy (or difficult) to hear?
3. Using our words to build others up doesn’t always come naturally. If you struggle with this, what are some of the reasons? (i.e., pride, jealousy, self-righteousness, past hurts, fear, etc.)
4. Pastor Shawn said that “you can’t build if you are bitter.” What words spoken to you, about you, or over you have left you with bitterness? How can you begin to set the bitterness down?
5. Read Ephesians 4:31-32. Even though it’s not pleasant to look at the past and what causes bitterness in us, why is it important to “get rid” of it? What’s at stake if you don’t do the internal work of forgiveness?
6. Forgiveness is the decision to give someone from the past what they don’t deserve so that you can give those around you what they deserve. Who do you need to extend forgiveness toward? How can this group encourage you to live with forgiveness as a priority?